

STUDENT GUIDE TO
**LETHBRIDGE
ISOLATION
RESOURCES**



BE READY.

> TRANSPORTATION TO COVID-19 ASSESSMENT CENTRE

- Complete online assessment at **alberta.ca/covid19**.
 - Once appointment is booked the address will be available.
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> TAXI SERVICES

94 CABS 403-942-5694

BLACK TIE TAXI 403-894-0077

FIFTH AVENUE CABS 403-381-1111

A-PLUS TAXI 403-317-7777

ROYAL TAXI 403-328-5333

BWR TAXI 403-327-7000

BDT CABS 403-381-4444

Some taxi companies will take reservations and will arrive at a specified time.



Traveling to and from the COVID-19 assessment centre is the only time leaving your house is permitted.

> PHARMACIES THAT DELIVER

THE MEDICINE SHOPPE

1016A 20 Street South

403-380-3282

- Online, app, or call store to place order.

SHOPPERS DRUG MART

WEST VILLAGE MALL

110 Columbia Blvd West

403-381-1777

- Online, app or call store to place order.

STAFFORD PHARMACY

Bay 5, 1475 St. Edward Blvd North

403-320-6500

- Call pharmacy direct to place order.

STOKES PHARMACY

408 4 Avenue South

403-380-3535

- Call pharmacy direct to place order.



Check websites for store hours and delivery options.

> COLLEGE WELLNESS RESOURCES

LETHBRIDGE COLLEGE WELLNESS SERVICES

403-320-3289

wellness.services@lethbridgecollege.ca

- Contact to secure virtual, over the phone appointments with a doctor, psychiatrist or nurse.

SHEPELL COUNSELLING SERVICES

1-855-649-8641

My SSP app

- Lethbridge College specific telephone counselling.
- 24/7/365 crisis line available.
- MySSP App texting counselling service.
- No cost.



If imminent emergency, please call 911.

> GROCERY STORES WITH DELIVERY SERVICES

LONDON ROAD MARKET

538 13 Street South

403-328-1751

- Delivery fee: \$10.
- Minimum order: No minimum.
- Delivery dates: Every Monday, Wednesday and Friday.
- Same day delivery is available if your order is placed before 2 p.m.

SAVE-ON-FOODS - WEST LETHBRIDGE

401 Highlands Blvd West

403-381-0362

- City-wide delivery.
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> DELIVERY SERVICES (FOR GROCERIES, SUPPLIES, ETC.)

LEAVE A LIGHT ON DELIVERY

403-393-6035

leavealightondelivery@gmail.com

- Delivery fee: \$9 city-wide.
- Additional stops: \$3 each.

SIMPLY DELIVERY

403-360-3637

info@simply.delivery

- Sign up required.
- Visit **simply.delivery** for details.

> RESTAURANT/FOOD DELIVERY SERVICES

SKIP THE DISHES

- Sign up required. Check **website** for details.

UBER EATS

- Sign up required. Check **website** for details.

LETHBRIDGE COLLEGE STUDENTS' ASSOCIATION (LCSA)

403-320-3373

- Food hamper drop-off.
- Contact Angela Fretts to set up drop-off time.

LSCO MEALS ON WHEELS

500 11 Street South

403-327-7990

- Brief phone intake interview.
- Accessibility based on income.
- Contactless pre-pay.
- Meals within 24 hours.
- Leave meals on doorstep.



Contact other restaurants directly to see if they offer delivery.



Please contact each company/service directly for information about:

- payment methods (you will not be able to pay in cash/in person)
- how to order/use service
- delivery fees or extra costs
- delivery/service time

> WELLNESS APPS

MINDFULNESS APPS (iOS and Android):

- Headspace
- MindShift
- Buddhify
- Stop, Breathe and Think
- Calm

FREE FITNESS APPS (iOS and Android):

- Nike Training Club
- Daily Workouts Fitness Trainer
- Yoga for Beginners
- MyFitnessPal
- Asana Rebel: Yoga and Fitness



During this time you may feel isolated. We encourage you to reach out to family and friends using video chat.

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